EDITORIAL/ Why you should vote. **NEWS**/ SIFE goes regional. **SPORTS**/ Two LU b-ballers named OUA all-stars.

LAMBDA

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'Most stressful year of my life:' SGA President Samantha Pitzel

BY ED VEILLEUX

As SGA elections roll around and students get set to vote and welcome a new executive, there is guaranteed to be a new president.

SGA President Samantha Pitzel, who is not seeking re-election, admitted it has been a stress-filled year.

"Honestly, this year was probably the most stressful year of my life," she said. "I'm not running for re-election. I'm grateful for the learning experience, but one year was enough."

Through it all, she said she learned some valuable leadership and management skills.

"You have to figure out what people respond to, which was tough sometimes," she said. "But, it's definitely something that I was surprised to discover I was actually kind of getting into and figuring out."

When it came to "championing student issues," Pitzel said she discovered she could weather the storm.

"You're going to get into confrontations with people and people are going to send you nasty emails or leave you nasty messages," Pitzel said. "It happens. You figure out how to deal with people diplomatically."

Although Pitzel didn't campaign on many key issues, not wanting to promise the world before knowing her resources, she said she has kept her major campaign promises: a Four Corners bus from Laurentian to the South End and making better use of SGA space.

"I'm really proud of the Four Corners bus route. I was pretty happy to actually make that happen this year. It only runs on Saturdays right now but it's something I'm pushing to get into the (SGA) budget. The Saturday bus route is actually going to be in the new U-Pass contract."

Over her term, Pitzel has transformed the clubs room and commons space.

The SGA president also said her executive has made an effort to get along better with clubs, which included buying new furniture for the clubs room.

"It wasn't very conducive to meetings before," Pitzel said.

In some ways, one could argue Pitzel was meant to be here at Laurentian.

Pitzel was born and raised in Sudbury and seemed likely to end up at Laurentian, both her parents having graduated from the school.

She started at Laurentian in 2006, and was involved with SGA as history program representative on the SGA board for three years before being acclaimed as president.

She graduated in June with a four-year bachelor's degree in History.

Next year, Pitzel plans on finishing her education by finishing her concurrent education program. She deferred it for a year, after receiving her history degree, to take on the role of SGA president.

That won't be the end of her political career, if Pitzel has her way.

"I'd definitely like to end up in either provincial or federal politics, but I don't think I have enough life experience right now. (For now), I'd like to go out and try a bunch of different things."

The last year of her life has been invaluable to her aspirations, she said.

"You come into office thinking you're going to make all these huge changes and it ends up being a lot harder than you think it will be and there's a lot of people outside the office who are like 'why aren't you doing this or that,'" she said. "Everything is more time-consuming and takes more effort than you think it will."

Although it's harder than it looks, Pitzel said that just makes it feel that much better when things do work out.

"Eventually, you can achieve change and appreciate those triumphs because you worked so hard for them. And when you do have those triumphs, they are more worthwhile."

For anyone who runs for her job, Pitzel's piece of advice is, "Be friendly to the media. If you respect people's time, they tend to respect yours more."



Photo by Ed Veilleux

SGA President Samantha Pitzel poses in her office.

If she could do it all over again she said her hands-off approach, which "let people do their own thing."

Of the approach, she said, "in some ways, it's good, but in other ways I feel we could have made a more cohesive effort. We could have worked together better."

The president said her hardest time came when the executive decided to lay off their executive director.

"It caused a lot of stress and tension in the office. It was hard to go through with. I hope it's never something I have to do again in the future… "

Given the choice again, "I wouldn't change my mind," Pitzel added.

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Fond, 'baked' memories for SGA VP Keaney

BY ED VEILLEUX

There are many things Colleen Keaney is.

She is a fourth-year behavioural neuroscience student and the SGA vice president, services, who doesn't enjoy board meetings.

"At (SGA) board meetings, I'm the most bored person there," she said. "They're not something I look forward to every week."

Keaney is a self-proclaimed, makeup-wearing party girl and considers herself a stoner.

She is an avid skier (even after breaking a leg at the age of 15), who often finds herself uncomfortable with the formal aspect of politics.

"After this year, I know I'm definitely not into politics," Keaney said. "You can't be an individual, you have to be part of a group. And that's just not who I am. I like to bring my personality to the table… I don't like to give up what I believe in because that's what we voted on."

The current, soon-to-be former, VP of services is not running for re-election. In fact, if she has her way she is leaving Laurentian and Sudbury altogether… degree in hand.

In her first, and only, year at the SGA.

"It was interesting," Keaney said. "It was good to have this job, but I'm glad to be moving on with my degree and what I'm focused on."

When it came to being in the SGA, Keaney said, "I did not get into this job to be in politics. My position was to plan frosh week, to plan concerts and stuff. I don't think there's any other job that lets you be an executive and a party-planner at the same time. They just don't go hand-in-hand."

The VP has fond memories of frosh week, she said, adding, "(Picture) me, being VP of services for the SGA, ending up at a house party with the frosh and getting them baked for the first time. That was probably one of the highlights of this year. I'm hoping it was one of the highlights of their life. It was for me."

The best part of the job for Keaney was meeting the bands, she said, and getting to ask Sue Johanson personal questions, one-on-one.

She also enjoyed "getting to know people." She said she will fondly remember meeting students and LU President Dominic Giroux, including "inviting him to my events and having him actually show up. It's an amazing feeling when you have the president of the university support you, even if most of the students don't even know who he is."

Also, Keaney remembers Doctor Persinger calling her out in class for doing a "good job" at the SGA, she said.

During her time as VP, Keaney said sheput in an effort to meet with and welcome first-year students.

"That was also one of my favourite moments… Meeting all the first-years, getting to know them, recognizing them in the hallways, becoming friends with them and getting them baked for the first time. Those are really important moments to me."

Keaney's foray into politics started with being involved in the neuroscience club for three years, before winning the VP of services title.

Before this year, Keaney was "never involved with the SGA."

In the end, Keaney said she doesn't agree with compromising in politics. "It defeats the purpose of being elected in your position."

The hardest part of the year for Keaney was "having to get rid of our executive director. That was one of the scariest, and most nerve-wracking moments of my entire life. I was shaking the entire day."

She added, "That was the worst day in the office, because it wasn't something we were proud of."

Keaney said possibly her fondest memories are of partying in her office, going to the campus beach during lunch and "being a stoner and having everyone know it. That was one of the best moments of my life, having my dealers come to my office, that's good for me. All of that is the best. This job is one of the easiest, most-lax jobs because it really does let you be yourself most of the time."

If she has learned anything, Keaney said it is of balance.

"Always have a guy in the office," she said. "Or, not a male presence (necessarily), even a lesbian in the office… Someone with a different perspective than everyone else. Too many heterosexual females is too much for one office… It'd be nicer to have more diversity in the office.

She added, "we had a very good office, but at times it could just be too much."

The soon-to-be exiting VP has a philosophy on life. "You can be completely honest," she said. "That's my point, I'm a candid person. I know that I should make myself look good but this is Laurentian University, I'm part of the students' union.

"VP of services is a great job."

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Why you should vote in the SGA elections (March 23/24)

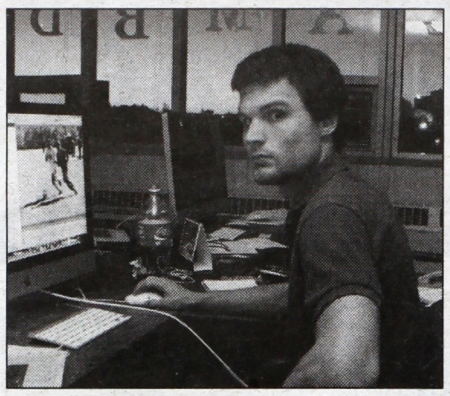
There are a number of reasons why the upcoming SGA/AEF elections matter. These associations amount to a union for students, and are technically your voice in dealing with the administration. Like any union, they have a responsibility to represent you, and be in your corner.

These associations are the place you are supposed to go to when you have questions or concerns regarding student life, or if you need a mediator in your affairs with the administration.

You pay into the SGA or AEF, depending on which you choose, which in turn pays for a number of services and events for you. If you are a member of the SGA, you pay them $615.46. If you are with the AEF, you pay them $551.15.

If I'm spending over $600 in "union fees," as I like to think of them, I'm voting on who is steering the ship.

Becoming involved is easy in this case; all you have to do is cast a ballot in the election. Lambda is even going to do the legwork for you in getting to know your candidates, as we will be circulating a pamphlet of information at all of the polling stations so that you know who the



ANDY VEILLEUX

candidates are, and what they stand for.

Read the information, listen to the candidates speak their piece (at the two locations and times provided below), and cast a ballot. The hour of time these tasks will take is worth it, considering you pay so much to belong to these associations.

This year is not a typical year for the SGA either. In fact, this is an especially important election, as the president of the SGA, Samantha Pitzel, will not be returning to office next school year. Vice-president, services, of the SGA, Colleen Keaney, will also not be returning next year.

As Ed's articles in the paper will detail, both of these individuals managed to make their positions their own, and accomplish significant things. Big openings like this mean big opportunities. It's up to SGA members everywhere to vote for a new captain, because change is coming whether they participate or not.

It's worth quoting Hunter S. Thompson on the joy of presidential elections:

"The genetically vicious nature of presidential campaigns in America is too obvious to argue with, but some people call it fun, and I am one of them. Election Day -- especially a presidential election -- is always a wild and terrifying time for politics junkies, and I am one of those, too. We look forward to major election days like sex addicts look forward to orgies. We are slaves to it."

Indeed, we political junkies are slaves to it, and thankfully, we've got one on our hands.

The SGA will also have the new position of executive administrator for the upcoming school year, which was created as a follow-up to the now defunct executive director position. Leadership for the SGA is in a critical transitional phase, and this election is an integral one in determining the path of the association.

The rumour mill has been churning out different names of candidates, even though nothing is official yet. Also, many more names will trickle in as the papers for election do not have to be filed until today. There are some individual candidates I have heard about who would be great in student government, in my opinion, but there are also some that I wouldn't trust to lead a slinky down a staircase.

That being said, take the time to learn about the candidates and make an informed choice. Do not just go out and vote for whoever had the nicest posters and greasiest campaign, because their leadership may be disastrous.

There will be two sets of speeches for SGA candidates. The first speeches will take place on Thursday, March 17 at 11:30 in the Alumni Hall. The second round of speeches will take place Tuesday, March 22 at 11:30 in the Great Hall.

The SGA elections will be held on Wednesday, March 23 from 9 until 7, and Thursday March 24 from 9 until 7.

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SIFE LU going to Regionals

BY ANDY VEILLEUX

Students In Free Enterprise's Laurentian University chapter, or SIFE LU for short, will be competing in SIFE's Regional competition in Toronto on Mar. 17 and 18.

According to SIFE president Matt Marcuccio, the team will be competing against 14 other colleges and universities from the 'central Canada' region.

The club is just over a year old, but has managed to implement some substantial programs in the Sudbury community, which will all be presented at the competition, Marcuccio said.

"This year, we fully developed and implemented a Financial Education program targeted towards high-school students, with Caisse Populaire des Voyageurs as our program partner," Marcuccio said. "It is a three-phase program: October was the first phase featuring budgeting, saving, and bank accounts, December was the second phase featuring credit, debt, OSAP and payday loans, and the third phase in February presented a guest speaker from our partner and a general wrap-up for students."

Marcuccio said the team managed to develop several other programs geared towards high-school students as well. SIFE LU has expanded greatly in its infancy, he said.

"This year we have recruited more students and have a bigger student base than any other year, with approximately 20 students involved," Marcuccio said.

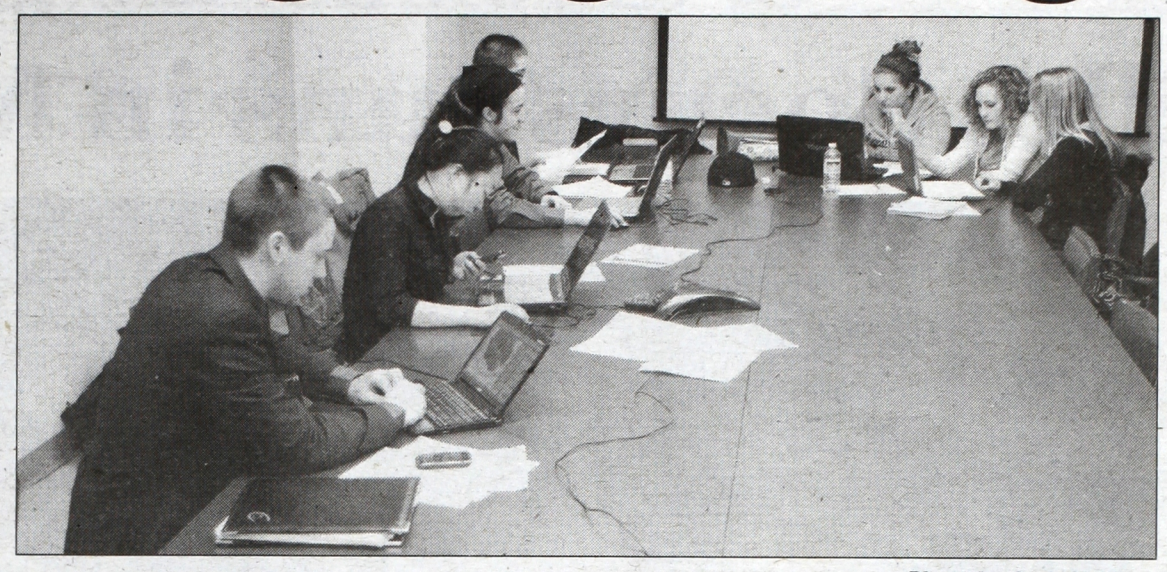


Photo by Andy Veilleux

Members of SIFE LU work on their presentation for the upcoming Regional competitions to be held in Toronto on March 17 and 18.

Much of the recruitment has come in the form of first-year students, according to Marcuccio.

"This year we had the most first-year members," Marcuccio said. "I'm glad to see the participation rate among first-years as it takes a lot of courage getting involved in something when everything's already so new. "

Maxime Vincent is one of the first-year members of SIFE LU. Vincent believes SIFE has been a valuable learning experience for her.

"Being on SIFE has been a lot about learning; learning what it's all about, and learning what to expect at Regionals," Vincent said.

"I feel as though SIFE has taught me some great team-working skills, as well as making me feel more confident in expressing my opinion about certain subjects," Vincent said.

Stephanie Gagnon, another first-year SIFE member believes that even though she is a first-year member, enjoys the practical experiences she is getting from SIFE.

"When we go to our Regionals I will get to do an oral presentation in front of judges and an audience, which will help me with presentations in class," Gagnon said.

Gagnon feels her opinion is respected as much as the rest of the team, even though she is a rookie member.

"I am able to participate and give my opinions as much as the students who have been in SIFE for two or three years," Gagnon said. "It is a really great experience."

Vincent will be returning to SIFE for her remaining years at Laurentian, and feels more people would join if they knew what SIFE was about.

"Not many people know what SIFE is all about," Vincent said. "I really do believe more people would join if they knew all the aspects of it, such as environmental, and the difference they can make by joining."

Gagnon will also be returning to SIFE next year, and she is excited to watch many of SIFE's programs become reality.

"The projects that are being worked on this year are still in a pilot-test mode, so next year we can really get into the community and really make a difference," Gagnon said.

SIFE LU is looking to compete with the big schools, despite being a newer SIFE program, according to Marcuccio.

"We have solid projects in place with outstanding results and we're determined to challenge all of the other teams at the competitions," Marcuccio said. "Having created these projects from scratch, we know them inside out and, as mentioned, with the results that came from them, we're ready to compete."

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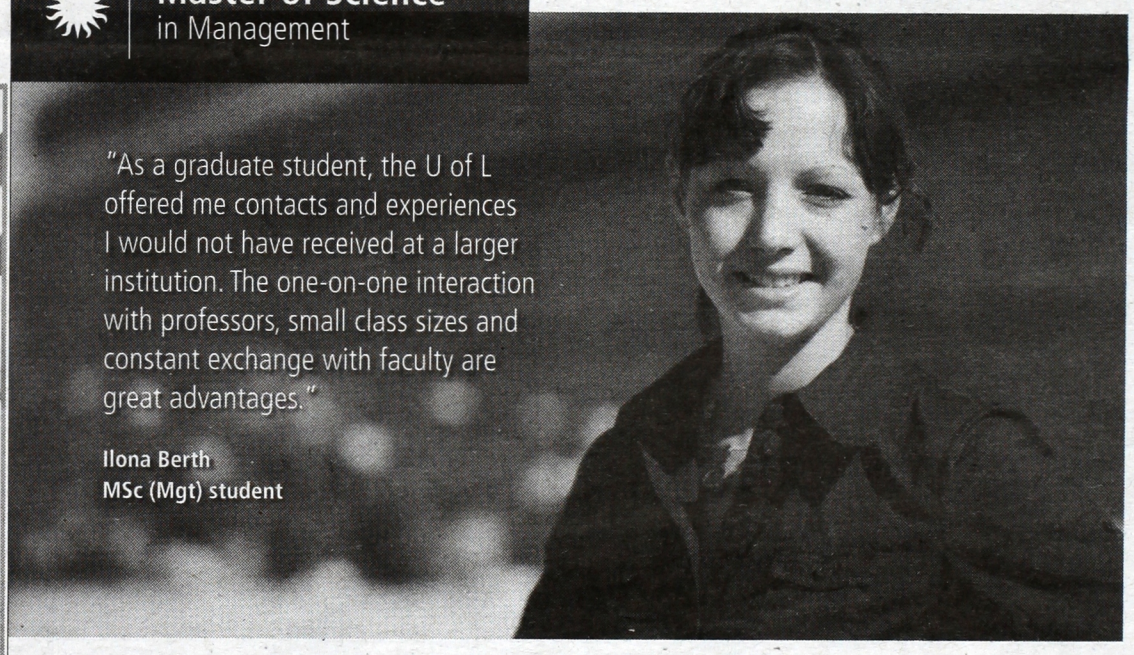
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Les Belles Soeurs runs in March

BY JUDI STRAUGHN

"Girls, we've come a long way," sums up how third-year acting student Fijona Brinkman and second-year acting student Kelsey Rutledge feel about the Canadian women's current position since the 1960's feminist movement.

Both young women have featured roles in Thorneloe Theatre Arts' new production of Les Belles Soeurs, running (in English) Mar. 10-12 and 17-19.

"It's really cool to have a chance to become these women on stage and to appreciate how far we've come," says Brinkman. "We have way fewer taboos and way more opportunity than women of the '60's".

"It sure hits home," adds Rutledge. "The women in this play live in a section of Montreal not unlike sections of Sudbury in the 1960's. After all, we live in a bilingual community with a strong work ethic like they did. It's amazing to see our change."

The story told in Michel Tremblay's Les Belles Soeurs is quite simple, actually. Germaine (played by Rutledge) wins a million trading stamps. Remember those days, of filling books with stamps and trading the books for your choice of prizes? Certainly, the practice was less technical but not unlike what we all do today-saving "points" for air travel, merchandise, tickets, gasoline etc. All of us what to "win" the big prize. (Don't forget to roll up the rim).

Germaine holds a stamp party, inviting all of her female relatives and friends to help her glue the stamps into the required books. What happens during the course of the evening is something she could never have imagined.

Playwright Michel Tremblay masterfully interweaves high comedy and drama with a twist of the unexpected.



Photo by Callam Rodya

From left: Nina Nesseth, Jackie Miller, Fijona Brinkman, Tiffany Mayne, Kelsey Rutledge, Emilie Lalonde, Emma Borsa, and Clare Andrews in Thorneloe's Les Belles Soeurs.

"I chose this piece for so many reasons," says director and Thorneloe acting professor Patricia Tedford. "Not only is it one of the best, most popular iconic Michel Tremblay plays, it has everything: intrigue, political undertones, cultural accuracy and fascinating women."

"The play is set slightly pre-feminist but these women do have 'the pill' and for some, that changes everything," she adds. "They're all trapped, but even though the play has dramatic moments, it is told with lots of fun and comedy. This cast has captured that sense of 'joie de vivre' and are all so funny."

Tedford is "thrilled" to co-produce this show with the Cambrian College Technical Theatre Program.

"Ken Salah and his theatre technicians have created a fabulous set for this very special production," said Tedford. "We kick off Thorneloe's 50th Anniversary with this show so we want everything to be outstanding."

A brief stint at a rehearsal reveals just that - a cast of 15 passionate women, all completely invested in their character choices. The stakes are high and this cast delivers. Comedy can fall anywhere between Tremblay's clever dialogue and an old woman falling unexpectedly out of her wheelchair.

Audiences will be delighted with the comedic range.

Callam Rodya, Associate Director of the show, is one of the few men on the scene.

"It's been great working with an all female cast and being the lone male perspective as it takes shape," said Rodya. "But actors are actors - whether male or female."

Rodya says the production has been an eye-opening experience for him in terms of the role of women in the late 60's.

"They were deprived of so much joy," he said. "One of the older characters in the play goes to a club for two hours every week just to buy a little time away from the drudgery of her every day life. And that two hours a week is the only pleasure she gets. Women were always giving to the family and putting themselves last."

And what would members of this cast do if they won big today? Not buy some of the tangible luxuries and frills these women of the '60's desired. "I'd pay off my student loan … give a bunch of money to my parents…travel….pay off a mortgage…go to NYC…"

Well, perhaps a few things have not changed at all.

Michel Tremblay's Les Belles Soeurs plays at the Thorneloe Theatre, Laurentian University, Mar. 10 at 7 p.m. and March 12, 13 and 17-19 at 8 p.m. Tickets are available at Black Cat on Durham Street and at the door.

Call 705-673-1730 ext 0 for more information or for reservations.

As part of Thorneloe's 50th anniversary celebrations, the show's opening night will be preceeded by a ceremonial renaming of the Thorneloe Theatre.

(Visit TheLambda.ca for additional photos and video clips from the production.)

lambdaspotlight@gmail.com

Vagina Monologues shows at Laurentian

BY CALLAM RODYA

On Mar. 18 and 19, a special presentation of Eve Ensler's award-winning play The Vagina Monologues will be presented at the Frasier Auditorium as part of V-Day.

V-Day is a global activist movement to end violence against women and girls that raises

funds and awareness through benefit productions of The Vagina Monologues and other artistic works.

In 2010, over 5,400 V-Day benefit events took place produced by volunteer activists in the U.S. and around the world, educating millions of people about the reality of violence against women and girls.

To date, the V-Day movement has raised over $75 million and educated millions about the issue of violence against women and the efforts to end it, crafted international educational, media and PSA campaigns, launched the Karama program in the Middle East, reopened shelters, and funded over 12,000 community-based anti-violence programs and safe houses in Democratic

Republic Of Congo, Haiti, Kenya, South Dakota, Egypt and Iraq.

In twelve years, the V-Day movement has reached over 300 million people.

Sponsored by Laurentian University, the production is directed by Thorneloe Theatre Arts graduate Sarah Gartshore and features several former Thorneloe faces including B.F.A. graduate Tova Arbus and long-time Thorneloe acting and voice professor Valerie Senyk.

Proceeds from both performances will go towards the YWCA Genevra House in Sudbury. Tickets are $25 for adults and $15 for students and seniors.

For more information, call (705) 586-2039.

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Commemorating 50 years of Lambda

BY V.A. STRANGES

To commemorate Lambda'sfast-approaching fiftieth year of publishing, the editorial staff has decided to delve into our vast archives and present to our faithful readership a glimpse into the newspaper's storied past.

For a half decade, no Lambda staff has possessed the requisite guts and determination to descend into our fair journal's morgue. But for you, the Lambda reader in 2011, the challenge has been accepted, for no peril is too great.

This new feature will be an unadorned display of Lambda's raw journalistic power throughout the ages. From its gazelle-like baby steps as a simple student paper to its evolution as a hard-hitting campus chronicle, you'll be marveled by its magic. You'll be drawn in by its diligence. Pulled by its persuasiveness. You'll read snippets from the sixties, scoops from the seventies, editorials from the eighties, news from the nineties, and dispatches from the last decade.

The sign above the news editor's desk reads: "We rarely choose our destiny, however, we make many choices on our path." It's the journalists' credo. Lambda has been a part of Laurentian's history the past fifty years, and so have you, faithful reader. So, together once again, standing intertwined on the threshold of history, writer and reader, let us make the descent into the murky depths of Lambda lore...

lambda@laurentian.ca

Increase to Lambda budget gets approval from council

The Students General Association Council has approved a $1,780 increase in the budget of Lambda Publications for the current year. A motion to this effect was passed by a margin of two votes on February 4.

Prior to the vote S.G.A. treasurer Dave Schijns pointed out that only $1,642 remained unspent in the S.G.A. budget. However it was suggested that the extra funds would be directed from other areas of the budget.

The increase of $1,780 is equivalent to raising the Lambda grant from three dollars to four dollars per student.

Council accepted the Socialist Society as an official organization under the S.G.A. This was preceded by adiscussionas to whether the society was a partisan political organization.

It is council policy not to financially aid organizations officiated with political parties. However membership in the Socialis Society is open to students of any political affiliation. The purpose of the Socialist Society is to promote an understanding of socialism and its implications, in the university and society.

A motion to rescind a previous motion recommending the lowering of S.G.A. fees by three dollars overwhelmingly defeated by a vote of twelve to three.

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Colleen Keaney is Ms. Marvel



Illustrations provided by Marvel Comics

Colleen Keaney and Ms. Marvel are practically twins. Ms. Marvel is one of the leading, and most powerful, women in the Marvel Universe.

BY ED VEILLEUX

Colleen Keaney does things in her own way, is more comfortable out on the skiing hill than in a corporate board room and prides herself on her all-out honesty. Ms. Marvel is practically her, in comic-form. OK, Keaney doesn't have flight, invulnerability or super strength, but she fights for students and effortlessly mingles in professional and casual circles, all in a day's work.

Though Ms. Marvel certainly has the skills to lead (much like Keaney), she prefers being an option on a team of equally-important members who are ready to get the job done on a moment's notice. Keaney, much like Ms. Marvel is also willing to get her hands dirty and get involved to get the job done.

Ms. Marvel has a knack for being social and has proven she has intelligence enough to deal with any super villain she faces. Keaney is expected to complete her degree this year, and given the chance to take on a super villian in a battle of wits, she would surely prevail.

Both Ms. Marvel and Keaney are mentally-tough women, who prefer letting their personality shine through, over conforming to social standards. If Keaney were in the Marvel Universe, there is no closer match for her, physically and personality-wise, that beats Ms. Marvel.

Ms. Marvel is one of the prominenet women in the Marvel Universe, and probably the most powerful. Look for Keaney to stand out in whatever she chooses to do in the future. Maybe she'll even take down a super-villain or two.

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Wolves come back to earth

BY ANDY VEILLEUX

If you would have asked anyone who regularly watches the Sudbury Wolves about the team a month ago, you probably would have heard the same positive responses.

"One of the up-and-comers in the East."

"..finally showing their potential."

"...might make a run in the play-offs."

With only five games left to play, the picture has become less clear.

The once-hot Wolves, are now simply okay, with a 5-5 record in their last five games.

The team has five wins in their last ten games, good for seventh place in the East. They have managed to clinch a play-off spot, and are now battling Brampton and Kingston for fifth.

More likely, they are battling Brampton for sixth, as Kingston is seven points ahead with a game in hand and only a few games left.

Whoever finishes in sixth place will face the Niagara IceDogs, who boast Canadian World Junior goaltender Mark Visentin, all-star centre Ryan Strome (currently predicted to go sixth overall in this summer's NHL draft), and the Hamilton brothers.

That isn't exactly the most uplifting fate to be fighting for. In fact, I'm not sure if they wouldn't rather face the Ottawa 67's.



Photo by Andy Veilleux

The Wolves' play-off hopes rest on goalkeeper Alain Valiquette's shoulders.

In any case, it will be a tough battle to get through the first round, or any additional round for that matter.

The Wolves recent diminishing is partly due to some key injuries, to be fair. The Wolves' captain, Marcus Foligno missed significant time, and veteran top-six forwards Michael MacDonald and Mike Lomas are still injured, and have been for awhile. However, they will return soon.

The Wolves line-up looks much better with these three healthy. Lomas is a big-bodied forward, who plays well on both sides of the puck. MacDonald is a creative speedster, who works tirelessly at both ends of the ice. Foligno, although he needs no introduction, provides scoring, a never-say-never attitude, sandpaper, and great leadership abilities for the club.

Michael Sgarbossa, Eric O'Dell, and Andrey Kuchin have picked up much of the scoring in the absence of their teammates.

Sgarbossa tallied 24 points in 15 games, while Kuchin picked up 21 points in 17 games for February and March combined so far. Eric O'Dell went on an eight game point-scoring streak, which included eight goals and 12 assists.

Alain Valiquette has only become stronger as the season wears on. Valiquette posted a .901 save percentage in February, and a .939 save percentage in March so far. He had seven wins and three losses in February, and has two wins and one loss in March.

The Wolves have called up defenseman Cody Mintz, 16, and forward Peter Poulin-Roy, 17, for their play-off run. Mintz is a competent puck-moving defenseman. Poulin-Roy is a big body at six feet, 180 pounds. He had 104 penalty minutes with the Sudbury Major Midget Wolves this season.

With the addition of the new young players, the hot play of their veterans, and the impending return of their injured, the Wolves should, at least, challenge their first-round opponents, but don't any expect miracles.

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Laurentian U sports recap

Lady Vees compete at OUA Indoor running championships

BY ANDY VEILLEUX

OUA indoor running – OUA championships

Laurentian runners Emma Tallman and Stephanie Flieler competed at the OUA indoor track and field championships this weekend at York University.

Tallman ran the 1000m event in a time of 2:57:56, finishing ninth. She also finished ninth in the 600m event with a final time of 1:36:30.

Head coach Dick Moss was impressed with Tallman, and felt she ran a good race despite the physical affair.

"[Tallman] used up a lot of energy in both events trying to move through the field , but the races were very physical and she got bounced around a lot," Moss said. "By the time she got to the final lap, she'd used up too much energy for a great kick."

Fifth-year runner, Stephanie Flieler, a fifth-year runner competing in her last competition for the Lady Vees, placed 19th in the 3000m with a time of 10:47:75 and 21st in the 1500m with a time of 4:55:92.

Moss was pleased with his graduating runner's race results.

"[Flieler] ran a great race in the 1500m, hitting all her splits," Moss said. "Her time was a near-personal best and was an excellent way to finish up her university career."

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Lady Vees named to all-star team, win awards

BY ANDY VEILLEUX

Lisa Furchner and Katie Goggins were both named to the OUA all-star team when the OUA East awards were announced.

Furchner had a career season, averaging 16.6 points per game, and 10.1 rebounds per game. Her stats placed her ninth in Canada in points per game, and fifth in Canada in rebounds per game. Her efforts earned her a berth on the first all-star.

Coach Mike Clarke is proud of his 5th year forward, touching on the fact that "We needed Lisa to step up and lead this year, in both scoring and rebounding, due to the fact that we were a very young and inexperienced team and she responded exceptionally.

Joining Furchner on the first team are the OUA East Player of the Year Hannah Sunley-Paisley of the Ottawa Gee-Gees, Ryerson's Ashley MacDonald, Queen's Brittany Moore, and Toronto's Nicki Schutz.

Goggins is both the Defensive Player of the Year and the recipient of the East Joy Bellinger Award, presented annually to a female student-athlete in recognition of outstanding service to the sport and to the advancement of university athletics. Goggins, named to the second all-star team, scored 273 points over 20 games this season and recorded 101 defensive rebounds, 69 steals, and five blocks.

Clarke spoke about Goggins' defensive pedigree.

"Katie has always been one of the best defenders in Ontario, and it is nice to finally see her get the recognition that she deserves," Clarke said.

Goggins earns her second consecutive all-star nod, and is joined on the second team by York's Brittany Szockyj, Carleton's Alyson Bush, Toronto's Sherri Pierce, and Ottawa's Jenna Gilbert.

Clarke was proud of both of his athletes.

"These two ladies were excellent role models for the time that they were here and they are a prime example of what we strive to instil in our athletes," he said. "These awards are a great way to cap off fantastic careers."

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Intramural news

The People who make it happen: Laurentian University Sport Profile

BY CATHERINE ABUJA

Nick Lebrun is a fourth year Sport and Physical Education student and the Head Convenor of the Laurentian University Intramural Sports Program. Nick is from Rexdale Ontario, a community within Toronto. His hope after graduation is to teach grade three or four. However, he aspires to eventually become a school principal. During high school Nick participated in a variety of sports; his main focuses however were track, swimming, and volleyball. He has also participated in multiple Intramural sport over the past four years. Along with his interest in sports, Nick enjoys reading and loves to travel. Some of the places he has visited includes Hungary, Costa Rica and Egypt. The Department of Active Living could not have done it without Nick's leadership, dedication, and enthusiasm. His favourite part of the Laurentian University Intramural Sports Program is "watching the participants having fun and seeing how excited they are to come out and play".

Intramural 6X6 Volleyball

BY STEPHEN FATTORE

This year's Laurentian University COED 6x6 Intramural Volleyball Season has been a blast. Competition has been fierce as we are heading to the playoffs. Competitive and Semi-Competitive leagues have a couple of games left while Recreational league has just started the playoffs.

In the semi-final of the Recreational league we have top seed and undefeated SPED against All Stars V-ball and Team Fortin against T-Birds. All four teams proved in their league play why they deserve to be in the playoffs.

For the Competitive league, the Dirty Birds stand alone as the only unbeaten team between the two divisions and seem to be running away to be first place in Division B. The two playoff spots in Division A are up for grabs between three teams who will fight for them on Tuesday, March 8, 2011. Set to Kill, Old Balls, and Bird Hunters will be fighting tooth and nail and hoping results go their way to have a shot at becoming the Competitive League champions.

In Semi-Competitive in Division C, Notorious D.I.G faces off against Herb's Hellians in the battle of undefeated teams for first place. In Division D the Super Spikers are 3-0 and holding up the league well with their solid play.

The finish is in sight and the playoff push is on. To keep up to date with all the information visit www.feeltheluv.ca. We hope everyone has "felt the luv" and has enjoyed the season!

For info on intramural events contact Megan at me_tebogt@laurentian.ca.